

The UNH Campus Recreation Department and the UNH Police Department are pleased to offer

R.A.D. Basic Self Defense for Women

Instructor(s): Police Officers and RAD basic instructors
Location: UNH Hamel Recreation Center demo kitchen classroom and studio space

***FREE** to everyone

Fall 2019 Class dates/times/locations:

Saturday October 26 12:00 pm-4:00 pm Demo Kitchen

Sunday October 27 12:00 pm-4:00 pm Demo Kitchen

Sunday November 3 12:00 pm-4:00 pm Studio #1

**NOTE: Attendance is required at the October 26th and 27th sessions. November 3rd is optional. If you already attended this class (at UNH or elsewhere) feel free to come to any session for extra practice.*



Purpose of the training: The **R**ape **A**ggression **D**efense Basic Personal Defense System is a national program of realistic self-defense tactics and techniques taught for **women only**. The goal of R.A.D. is to provide realistic self-defense options to women, regardless of their level of physical conditioning. R.A.D. is not a martial arts program, nor does it require students to be athletes in training to succeed. The R.A.D. system will provide students with the knowledge to make an educated decision about personal defense. For more information about R.A.D., check out the web site at <http://rad-systems.com>.

Course content: This class will have both presentations about personal safety and physical training.

Register ON LINE <https://crec.unh.edu/Program/GetProgramDetails?courseId=dd3d6689-65fc-4bb6-aab7-780f011b6ef7&semesterId=f3bb7949-9a3b-46a4-98d5-6b78797e3eae>

Call Campus Recreation at 862-2031 or **Detective Kitsis** at UNH PD at 862-1427 or Mary.Kitsis@unh.edu for more information.